



MENTORING PROGRAM

10-13

ABOUT TOP BLOKES

Top Blokes Foundation is a leading young men's mental health charity. We exist so more young males lead healthy and safe lives.

At Top Blokes, we picture a future where every young male, regardless of background or location, stands tall with a strong voice, unwavering belief in himself and a sense of belonging.

In every school, across every state, we want to see boys and young men fostering resilience, empathy, and wellbeing. We're all about modelling and advocating masculinities in a positive, healthy, and supportive way.

Join us and help young males break free from stereotypes so they can embrace the strength of being themselves.

BUILDING UP BOYS. SHAPING TOP BLOKES.

" I learnt how to be a valuable team mate, how to be respectful, what's good for my body and mind and how to be an upstander. **"**

PARTICIPANT

TRANSFORMING LIVES

Our results speak for themselves. Creating a safe space for boys to express themselves openly and authentically is paramount, and we take pride in the tangible difference it makes.

81%

said
'I am a better friend'

75%

said
'I am better at
controlling my emotions'

73%

said
'I feel like I am doing
better at school since
I started Top Blokes'

71%

said
'I think about risks
before taking them'

Results from 2025 program

Young males have unique challenges in life that require a unique approach, and that's why we focus solely on boys and young men aged 10-24. Our evidence-based programs are tailored to the specific and diverse needs of young males, making a positive impact where it matters most. We've worked with thousands of young men over two decades, so we engage them in ways we know are proven to work.

We work with boys to build their confidence, instil resilience and help them see meet their potential.

CONFIDENCE

Sense of belonging
Self-belief and worth
Growth mindset
Can-do attitude

RESILIENCE

Navigate ups and downs
Bounce back from setbacks
Failures as learning
opportunities

POTENTIAL

Leadership
Be an upstander
Build on strengths
Inclusivity and empathy

ABOUT 10-13

WHY 10-13YRS?

School principals highlighted a clear demand for a tailored social education program designed for boys aged 10-13yo.

Recognising the unique challenges this age group faces - from bullying, social and decision making, high school preparation and digital activity - Top Blokes designed 10-13 to provide the support and guidance boys need.

LET'S TALK BEST PRACTICE

Our program is aligned with the National Mentoring Benchmarks established by the Australian Youth Mentoring Network. Workshop content undergoes rigorous scrutiny, and is evaluated and endorsed by an independent committee composed of psychologists, educators, researchers, and parents, to ensure the program's continual relevance and effectiveness.

QUALIFIED, EXPERIENCED & LOCAL

Our dedicated team of qualified Youth Workers and mentors bring expertise, lived experience and consistency to our programs. We believe in the power of professional guidance to help boys and young men grow.

Each Youth Worker carries current Working with Children Check and National Police Checks and receives ongoing training and development in key knowledge areas such as youth mental health, trauma in youth and cultural awareness. All our staff are mandatory reporters and will work alongside schools in the event that a mandatory report is required.

We are locals. We're here to support boys and young men right where they live and learn. We're close to the ground, aware of what's going on in the local area, and can address the real issues young males are facing.

WE WALK ALONGSIDE THE BOYS, BALANCING SUPPORT AND LEADERSHIP

“ He learnt so much, I was so proud just listening to him with his new found knowledge. ”

PARENT



WORKSHOP TOPICS

Over one term for one hour per week, our youth workers deliver workshops that look at:

HEALTHY RELATIONSHIPS

How can you identify the qualities of healthy relationship? What do relationships look like? We discover ways to build positive peer and family relationships and how the boys can actively contribute.

MENTAL HEALTH

What does good mental health mean, what can it affect and how can we improve it? Boys are encouraged to think about their 'safe people' and how they can help others by being an upstander.

ALCOHOL & DRUGS

We discuss alcohol and other drugs and dispel myths around use and safety. Students will develop decision-making skills to keep them safe and learn how to be an upstander in peer pressure situations.

MASCULINITIES

We'll look at how our perceptions are formed on what it means to be a man introducing concepts of positive masculinities and dispelling the negative stereotypes.



ANGER MANAGEMENT

Anger is a normal emotion but we need to learn how to adopt and manage our emotions safely. We learn how to identify triggers and develop personal strategies and healthy ways to deal with our anger.

ONLINE BEHAVIOURS

Students will develop self-awareness and critical thinking about what they say and see online. They'll learn to actively demonstrate upstanding behaviours and be safe digital citizens.

PEER PRESSURE

Can you recognise what direct and indirect peer pressure is? Are you able to take a proactive approach to ensure your safety? Students will walk away understanding the subtleties of peer pressure, how to cope with it and understand what healthy risk-taking is.

WORKSHOP TOPICS

UNDERSTANDING DIFFERENCES

How do you form ideas and opinions about people? Do you form judgements based on race, background or cultural differences? Students will learn how to recognise discriminatory behaviours and racial attitudes and look closely at how to deal with racism.

TEACHERS ARE HUMAN TOO

Do your students really understand that you are human too? Your days can be filled with long hours, daily challenges, complex support cases and more. In this workshop students walk away with a clearer understanding of some of the unknown aspects of a teacher's day and how to support them both in and out of the classroom.

LEADERSHIP & TEAMWORK

Through a number of activities designed around play, students develop skills to improve team dynamics. They'll understand the importance of working and collaborating together not against each other.

TRANSITION TO HIGH SCHOOL

It's a big moment and we want to help set them up for success. We'll talk over the changes ahead, dispel the myths and introduce easy to adopt positive behaviours that will set them on the right path ahead.

CONTACT US

If you'd like to know more visit the FAQ section of topblokes.org.au or chat with one of our team to find out how we can bring Top Blokes to your school.

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NOTES

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TOP BLOKES
FOUNDATION

**MENTORING YOUNG MALES
TO LIVE HEALTHY AND SAFE LIVES**

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